

Healthy You

MARCH/APRIL 1999

- Today's Grandparents
- Boost Your Diet With Soy
- Preventing a Stiff Neck
- Health Improvement Classes

*Celebration of
Community*

AN HISTORIC PERSPECTIVE
ON HEALTH AND WELLNESS



Discover the Power of Music



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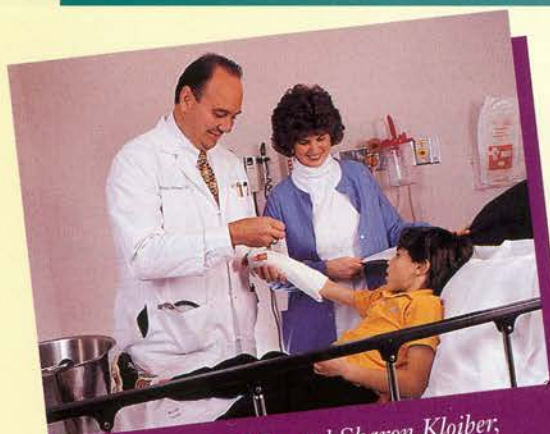
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On Our Cover: Katherine Purcell of Whitehall, a certified music therapist, knows the power of music in healing and wellness. Photo by Thomas F. Amico.



Brian Nester, D.O., and Sharon Kloiber, R.N., attend a young patient's fractured arm in the Express ER urgent care center area of Muhlenberg Hospital Center.

gency but requires prompt attention. Many hospitals operate these centers. They're used most often for sore throats, earaches, and minor sprains, lacerations and fractures, says Ann Panik, R.N., who directs an urgent care center called Express ER at Muhlenberg Hospital Center.

Call the Family Doctor... For guidance about where to go. Primary care doctors play a key role in educating you about health, says Sam Bub, M.D., a Lehigh Valley Hospital and Health Network family physician. "Develop a trusting relationship with your doctor and find out how to reach him or her in an emergency," Bub says. "Your doctor should be someone who will respond by phone at any hour." ●

When Do You Need the Emergency Room?

Your child has a high fever...a cut won't stop bleeding...you have chest pain. These are some of the times people ask: Should I go to the emergency room, call my doctor or wait until morning?

Go to the Emergency Department... When you have a medical condition that happens suddenly and is so serious it can't wait until business hours or be treated in a doctor's office, says Michael Weinstock, M.D., chair of the Department of Emergency Medicine at Lehigh Valley Hospital and Health Network (see list at right).

Go to the Urgent Care Center... When you have an illness or injury that's not a true emer-

It's an emergency if there is...

- Difficulty breathing
- Unconsciousness
- Chest pain
- Fall from a high place
- Lacerations
- Serious burns
- Head or neck injury
- Poisoning
- Seizures
- Stroke symptoms
(for a list, call (610) 402-CARE)
- If you believe any delay will result in moderate to severe illness, injury or disability.

The Proper Pillow Can Prevent Stiff Necks



WHEN SLEEPING

ON YOUR BACK:

Place a pillow under knees.

A pillow with cervical support and a roll around waist are also helpful.

Wondering why you wake up with a stiff neck? Look no further than your pillow. You may be lifting your head above your back, putting your neck in an unnatural position that can cause pain in the morning, says Alicia Shoup, physical therapist at Affinity.

To prevent neck pain, Shoup says, keep your head in line with your spine. She suggests:

- Use just one pillow.
- If you use two, turn one so it runs lengthwise under your neck and shoulders.
- Roll up a towel and place it under your neck.
- Buy a specially designed pillow that provides the proper support for your neck. ●

See page 11 for stretching exercises that can prevent a stiff neck.

Health Center at Trexlertown part of Lehigh Valley Hospital and Health Network



Health Library and Learning Center

The new Health Library and Learning Center at Trexlertown can help you access quality health care information on the web. The library's features include:

- four computers with a specially created web site
- available staff to answer your questions
- recommended reading including books, pamphlets, videos and web sites
- computer classes for learning how to find health care information on the Internet.

Stroke Awareness

May 4

6 - 7:30 p.m.

Health Center at Trexlertown

If you are at risk for stroke or have had a stroke, learn more about brain attack on May 4. Health care professionals will conduct stroke risk assessments and discuss high blood pressure, irregular heart-beat and vascular testing after a stroke.

For more information and directions to the Health Center at Trexlertown, call (610) 402-CARE.

For a listing of stroke risk assessment screenings, see page 29.

INSIDE Lehigh Valley Hospital and Health Network

Major Research Study Aims to Reduce Heart Disease, Stroke Risk

According to the latest data,* half of all American men and one-third of women will develop heart disease after age 40. That's not acceptable to researchers at Lehigh Valley Hospital and Health Network, who know that heart disease is largely preventable. The hospital's Center for Health Promotion and Disease Prevention is launching a pioneering study called LOVAR (Lowering of Vascular Atherosclerotic Risk).

LOVAR will test on a large scale how well an aggressive program of lifestyle changes and risk factor reduction works in preventing atherosclerosis (clogged arteries). Some of the 500 men and women in the trial will be treated with the best existing standards, the rest with the more rigor-

ous LOVAR approach. "Both groups will be carefully monitored and guided toward lowering their stroke and heart attack risk," says Jane Nester, director of the Center for Health Promotion and Disease Prevention and LOVAR study. A pilot program last year had positive

results, leading to funding of more than \$3.8 million from the Dorothy Rider Pool Health Care Trust.

If you are between the ages of 40 and 79 with a demonstrated high risk of stroke or heart attack, talk to your doctor about taking part in the LOVAR study. ●

**from the National Heart, Lung and Blood Institute*

The Future of Medicine

Broadcasting the latest surgical procedures live to doctors on the other side of the world may sound a bit futuristic, but it's just one of many telesurgery scenarios now possible locally. Lehigh Valley Hospital has introduced telesurgery to the region with live, interactive broadcasts to an audience of physicians, residents and community members.

The only telesurgery system in the region and one of the most sophisticated in the country, this two-way resource for teaching gives physicians and residents improved access to advanced new surgeries. It also includes new teleconferencing capabilities designed to reduce travel time for physicians and improve patient care. ●

The Power of Music

It can relax or energize you, and improve skills and self-esteem



From the time you first sang your ABCs, music has played a bigger role in your life than you may realize. Whenever you sing yourself awake in the shower, go all-out in aerobics class or use a jazz CD to help you unwind, you're tapping the incredible power of music.

Ancient cultures knew this power, describing music in their myths as the creative energy of the cosmos. Today, many of us think of it as just a commodity in the entertainment business. Public schools continue to cut music programs.

At the same time, though, researchers are finding that music is critical to learning, helps us connect with our intuitive selves and promotes healing of the body, mind and spirit. Is a new level of respect in the offing?

Music therapist Katherine Purcell of Whitehall hopes so. Her profession uses music to treat a variety of physical, mental and emotional conditions including stroke and attention deficit disorder. "Music improves fine and gross motor skills, coordination, balance and attentiveness," she says. "Depending on the type you choose, it can relax or energize you, and performing builds self-esteem and confidence."

Simply listening to music can have a profound impact. Witness the so-called "Mozart effect," the discovery that classical music played at a young age enhances a child's neurological development.

Making music is even better. Studies have shown that young musicians score well above average in math on college entrance exams and that music majors earn higher reading scores than any other students on campus.

Of course, you needn't be a music major to benefit from a sing-along. In an era when television

and computers can isolate us, making "live" music—no matter how it sounds—is "just a wonderful way for families and friends to have fun," Purcell says. ●

Want to Know More?
For information on music programs for parents and children, call (610) 402-CARE.

Certified music therapist Katherine Purcell uses both common and unusual instruments as an aid in treating health problems. Below, she's shown with her "tools"; above, at the 1998 Spirit of Women conference.





Boost Your Diet With Tofu and Soy

If you think of tofu as just a tasteless alternative for vegetarians, think again. Tofu and other products made from soybeans are loaded with health benefits—and they taste great once you learn how to cook with them.

Tofu is curdled soy milk (an iron-rich liquid extracted from ground, cooked soybeans). A staple in Asian cooking, tofu has a spongy texture that absorbs flavors when cooked.

“Think of tofu as a raw food,” says Amy Virus, Lehigh Valley Hospital and Health Network registered dietitian. “You can’t just pick it up and eat it. You need recipes.”

There are about 20 other soy products, from flour, milk and oil to tempeh (soybean cake) and miso (paste used for flavoring). High in protein, low in saturated fat and cholesterol-free, they’re a great meat substitute for those concerned about preventing heart disease. In fact, studies have shown that a diet containing at least 25 grams of soy protein per day can actually lower cholesterol.

But the health benefits of soy go further than the heart, Virus says. Although more research needs to be done, soy appears to contribute to:

Cancer prevention: Soy contains isoflavones, a type of phytochemical, that may help to reduce, control and prevent certain types of colon, breast, prostate and stomach cancers.

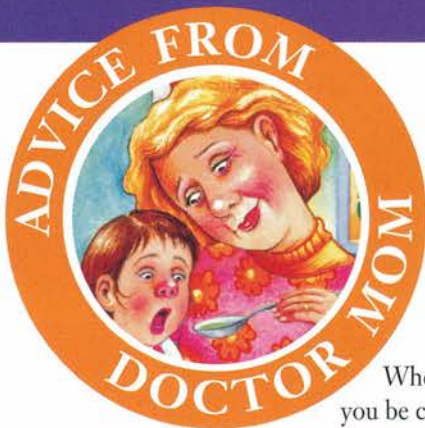
Bone health: Soy protein may help the body retain calcium, thus reducing the risk of osteoporosis.

Menopause relief: The plant estrogen in soy products has been shown to reduce the frequency of hot flashes for some women. ●

***Want to Know More?** For tofu recipes and cooking tips, or to sign up for the class *Reinventing Meals With Soy* (see page 26), call (610) 402-CARE.*

Preventing heart disease is one of many health benefits from this family of products

An array of soy products (clockwise from top) – soybean oil, soy milk, whole-grain soy flour, soybean grits, dry roasted soybeans, red miso (on spoon), tempeh, tofu, smoked tofu.



"Doctor Mom" (or Dad) Digests

When is a tummyache just a tummyache? When is a baby's spit-up normal, and when should you be concerned? Here's what "Doctor Mom" (or Dad) in your family should know:

Location, Location, Location

If your child has stomach pain, pay attention to where it's located, says Chris Liacouras, M.D., pediatric gastroenterologist at Children's Hospital of Philadelphia.* "If the pain is right around the bellybutton and occurs intermittently, there's usually no reason to be immediately concerned unless it's chronic," he says. Typical problems include irritable bowel syndrome, lactose intolerance and gastrointestinal upset.

Doctor Mom Says: *Call your doctor if your child has sharp, recurring stomach pains especially if they are located in areas other than around the bellybutton. They may be a sign of something more serious.*

If the pain is under the breastbone, it could be an ulcer, heartburn or reflux. Pain in the upper right area may be gall bladder or liver, while pain in the upper left may be the spleen. Pain on the left or right side about midway down can indicate kidney or urinary tract

problems, and in the lower abdomen may be inflammatory bowel disease or, in girls, a problem with the ovaries. Pain on the

right side may be the appendix.



Doctor Mom Says: *Reflux symptoms may be a sign of more serious conditions, including H. pylori, the bacteria that causes ulcers, and pyloric stenosis, a condition in young infants that prevents food from moving through the outlet of the stomach. Watch for irritability, pain, projectile vomiting and weight loss.*

Reflux

Reflux occurs when acid from the stomach backs up through the esophagus, the tube that carries food into the stomach. The child will feel pain

under the breastbone and often spit up. Other symptoms, usually occurring after a meal, may include a full feeling in the stomach, a sour taste in the mouth, vomiting and heartburn.

"In the first year of life, reflux is very common and will usually result in an effortless spit-up," Liacouras says. "That's normal. But if there is vomiting, pain and irritability, then the child should be checked." After the first year, treat reflux with a strong antacid and consult your doctor.

**Now a partner with Lehigh Valley Hospital and Health Network.*

stion

Constipation

Every child's pattern of bowel movements is different. The normal range is every other day to more than once a day. Worry about constipation when the child's normal pattern changes, there is pain on defecating or there is leaking of stool in the underwear, Liacouras says.

"Stool moves through the colon (large intestine) and is pushed out when the intestinal nerves and muscles contract," he says. "If those nerves and muscles don't function correctly or if withholding occurs, the rectum can become stretched and dilated, and a large mass of stool gets stuck. The child may even have diarrhea because liquid leaks out around the mass."

Doctor Mom Says:

Inflammatory bowel diseases are more serious. "Many people confuse these diseases with irritable bowel syndrome, but they're different," Liacouras says. "With inflammatory diseases such as Crohn's disease or ulcerative colitis, the intestines are inflamed and need to be treated by a doctor."

or constipation, and mucus passed with bowel movements.

"Irritable bowel causes discomfort, but it's not serious and not connected to more serious diseases," Liacouras says. "You treat the syndrome in children by adding fiber to their diet."

Nutrition

Nutritional deficiencies are unusual today, Liacouras says, although sometimes a child's body does not absorb nutrition properly. There's no need to worry unless the child's growth falls off the normal curve charted by your pediatrician or there is chronic diarrhea. "That may be a sign that the child is taking in calories but not using them the right way," he says. ●

Want to Know More?

For information on diet or other treatments for diarrhea or vomiting, or if you'd like to suggest a topic to Doctor Mom, call (610) 402-CARE.

Doctor Mom Says: *Treat constipation early on.* It's important to clean out a blocked colon, Liacouras says, but avoid laxatives, which can cause dehydration and change a child's normal bowel function. He recommends enemas, mineral oil, change of diet and your doctor's advice.

Irritable Bowel Syndrome

This common digestive disorder is caused by muscle spasms in the intestines, sometimes aggravated by food or stress. Symptoms include crampy pain, gas, bloating, changes in bowel habits such as painful diarrhea



Doctor Mom Says: *Some digestive problems may be due to lactose intolerance.* This allergic reaction to the sugar lactose found in dairy products is rare in children under age 3, and causes bloating, diarrhea, gas and cramping symptoms in older children and adults. Talk to your doctor about dairy substitutes or the use of lactaid.

New Hope for MS Patients

Thanks to new medications and ongoing research, the outlook for the half-million people who have multiple sclerosis is vastly improving, says neurologist Alexander Rae-Grant, M.D., medical director of the Multiple Sclerosis Center at Lehigh Valley Hospital and Health Network. The Center is conducting two research studies and an MS exercise program at Allentown Sports Medicine.

"MS is a come-and-go disease," Rae-Grant says. "Some people have attacks of blurred vision, weakness or slurred speech over a few weeks and then get better. Some gradually get worse, and others only have one episode.

"Today, however, we can alter the natural history of the disease. At least half of the people with MS are still walking after 25 years, and I expect fewer will become disabled or the process will take longer. The most important message is that people with MS can go forward with their lives."

Maureen Beilman, 42, who also has relapsing-remitting MS, strongly believes in fate. "MS gave me a chance to clean house," she says. "I ended a bad relationship, left a stressful job and finished my master's degree. I began a self-care approach to life."

Today, Beilman is enrolled in an international clinical trial at the Multiple Sclerosis Center at Lehigh Valley Hospital and Health Network, which is studying a new injectable drug.

While researchers seek better treatments, all three women maintain a positive attitude. "The MS Society is in business to put MS out of business," Hay says. "I'm looking forward to that day." ●

Want to Know More? For information on MS symptoms and diagnosis or on MS clinical trials currently open at Lehigh Valley Hospital, call (610) 402-CARE.

MS Walks

The National Multiple Sclerosis Society will hold several MS Walks this spring to benefit MS research and programs.

- **April 18; Bethlehem, Easton, Reading**
- **May 2; Allentown, Quakertown, East Stroudsburg**

For more information, call (610) 402-CARE.



MAUREEN BEILMAN is a counselor in private practice and at the MS Center at Lehigh Valley Hospital and Health Network. "People with MS feel relieved when they talk with me," she says. "They think, 'She looks good. She's active.'"

Exercising Your Joints

Simple stretching can prevent stiffness, injury and even arthritis

Feeling some tightness in your neck, back and joints?

Then try some simple stretching exercises. By working your body's major muscle groups, you can keep your knees, hips, shoulders, elbows, wrists, ankles, neck and back flexible and pain-free.

"When you stretch the muscles around a joint, you

help maintain proper flexibility and range of

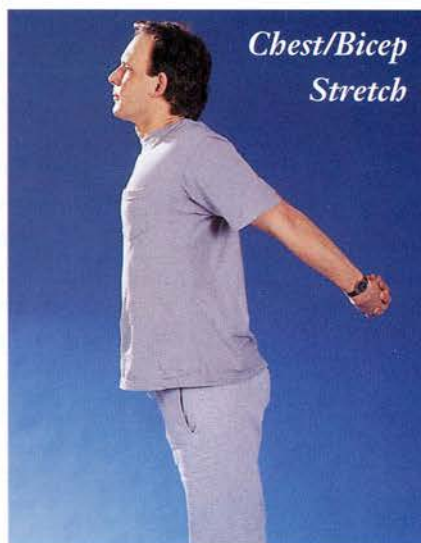
motion," says Alicia Shoup, physical therapist at Affinity, a partnership between Lehigh Valley Hospital and Good Shepherd Rehabilitation Hospital. "Without stretching, your muscles shorten and your joints can become stiff and unable to move freely. Decreased flexibility and range of motion can contribute to wear and tear on the joint."

Which muscles drive which joints? Your hips and knees are affected by several muscle groups in your lower body, including the hip flexors, calf muscles, quadriceps (front of thigh) and hamstrings (back of thigh). In the upper body, key muscle groups are located in your neck and shoulders. And don't ignore the muscles in your arms, Shoup says, especially if you're a tennis or racquetball player; these muscles affect your wrists and elbows.

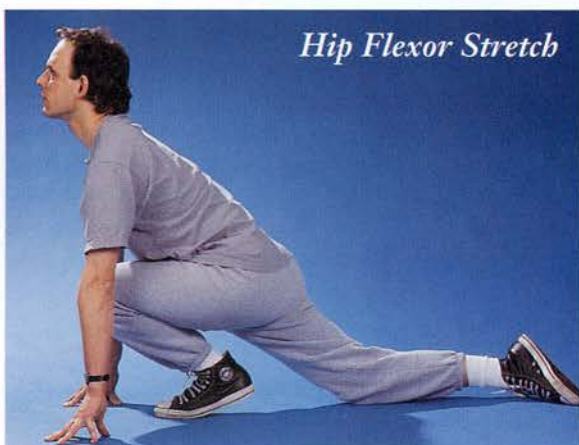
"Stretching exercises should be specific and relevant to your activity," she says. For example, if you bicycle, you need to stretch your lower body and also the muscles of your shoulders and back. Stretching before exercise or activity warms up the muscles and prevents injury. Stretching after exercise is important to maintain or gain flexibility.

Shoup recommends consulting your doctor before beginning a new stretching exercise, especially if you have pain or an injury. When you do stretch, avoid short, jerky motions. "Stretches should be prolonged, lasting about 30 seconds," she says. ●

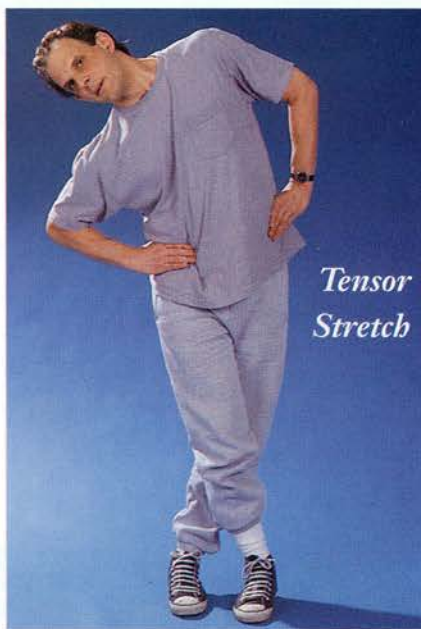
***Want to Know More?** For an illustrated guide to head-to-toe stretching exercises including those shown here, call (610) 402-CARE.*



Chest/Bicep Stretch



Hip Flexor Stretch



Tensor Stretch

Parenting After Divorce

**Divorcing
parents should
set aside their
anger and
put their
children first**

Couples who divorce know it is one of the most difficult times of their lives, financially and emotionally. If not handled well, it can also have serious long-term effects on their children.

"Divorce is a process involving stages of denial, anger, grief and acceptance, and some parents remain emotionally attached after they are physically separated," says Beth Wernham, Lehigh Valley Hospital and Health Network social worker. "It takes longer to get through the emotions than any other part of a divorce, and children can get drawn into the middle."

Children may respond to the stress of divorce by holding in their emotions and then finding it difficult to express them as an adult. Some have trouble entering into committed relationships when they get older. Others may suffer from depression, sleep disorders, loss of self-esteem, poor academic performance and behavioral regression.

"Parents involved in a divorce usually don't realize the long-term consequences their conflicts may have on the children," Wernham says. She offers separating couples these suggestions:

● **Put your emotions on hold and think about the business of raising your children** to become healthy, productive members of society. "In the business world, we have to work with people we don't like," she says. "You may have to do the same when you're divorced. Put your anger and emotion aside and think of your children first."

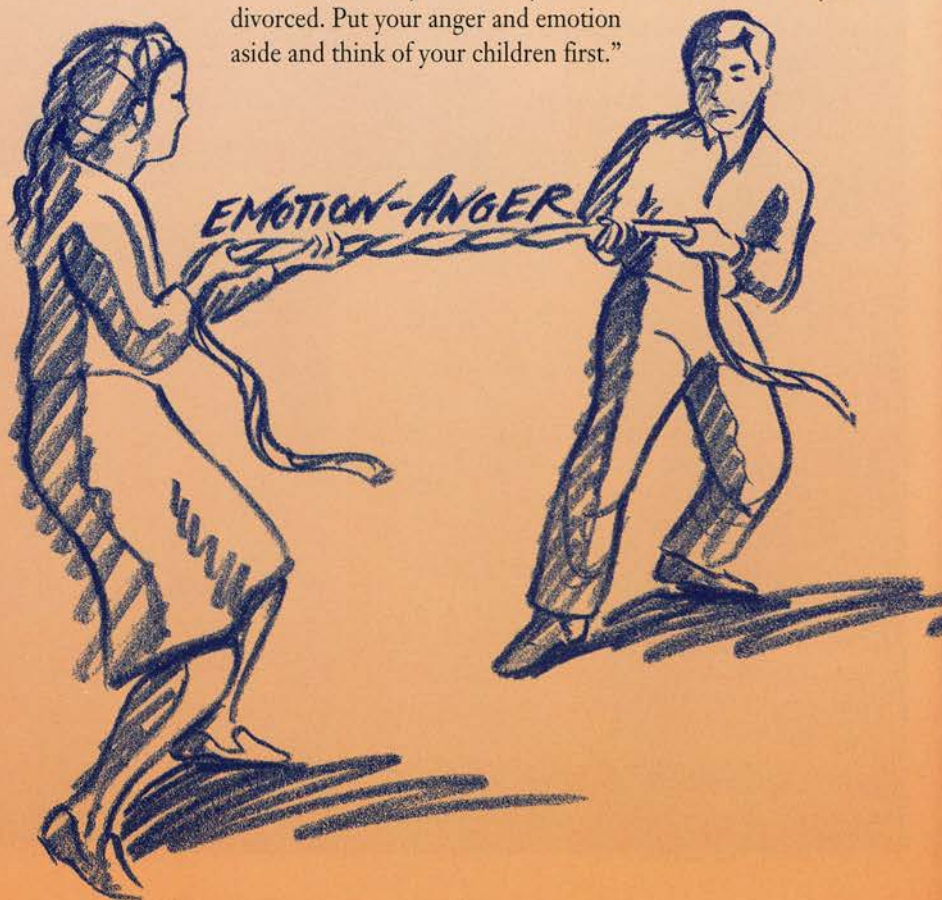


Illustration by Sally Dunne

● **If possible, be sure both of you are there when the children are told about the divorce.** This ensures a more consistent message.

Also, discuss beforehand what you will say, especially about the custody arrangement. "Don't leave that decision to the children," Wernham says. "If they have an opinion, they will tell you."

● **Reassure children that the divorce is not their fault.** Even if you don't talk about who is at fault, many children assume they are to blame for their parents' problems. Sometimes it helps to explain divorce as a solution to the fighting and the tension between mom and dad.

● **Don't badmouth each other in front of the children.** That includes not divulging details like infidelity or blaming the other parent for the divorce. "Children take their identities from both their parents, so when one parent insults another in the children's presence, their self-esteem can take a beating," Wernham says.

● **Unless abuse is involved, encourage your kids to visit and have a relationship with your ex-spouse.** If you forbid your child to see a parent, you may be planting the seeds for your kids to be distrusting in their adult relationships.

● **Find the emotional support you need,** but don't rely on your children for it. "Parents need emotional support when they go through a divorce," Wernham says. "But they shouldn't lean on their children, because it forces kids to deal with problems they're not ready for."

● **Accept that different houses have different rules.** While consistency should be a goal, it's hard to accomplish when it comes to meals, bedtime, discipline and spending, Wernham says. "If parents disagreed on these issues while they were married, it's likely their disagreements will be exaggerated when they're divorced."

● **Don't use your children as messengers between you and your former spouse.** Children should not be made to feel that they are part of the battle, so leave them out of communications. ●

Want to Know More? For strategies that may help lessen the impact of divorce on your children and for information on local resources, call (610) 402-CARE.



New Law Promotes More Positive Parenting

Divorced parents around the country can benefit from looking at the concepts in a new Colorado divorce law. To reduce tension and encourage more cooperative parenting, Colorado has replaced the word "custody" with "parental responsibility" and the word "visitation" with "parenting time." The new law allows parents to divide up child-rearing obligations (such as visits to the dentist or decisions about summer camp); make a schedule for parenting time; and decide whether to share or to split major decision-making.

The lawmakers acknowledge the limits of such measures. Some couples still need a judge to make decisions for them. But the changes offer new, more positive options for couples—who in most cases, even if they don't like each other, want to do the right thing for their kids.

Time Does Not Heal All Wounds

Some require specialized care to avoid serious consequences

When a new pair of shoes causes an open blister, a bandage and a change of shoes will solve the problem for most people. But for nearly 5 million Americans, the natural healing process is hampered by circulatory problems — often the result of diabetes or atherosclerosis (clogged arteries).

“In this population, wounds can last anywhere from two to 10 years,” says vascular surgeon Marc Granson, M.D., medical director of the Wound Care Center® at Muhlenberg Hospital Center. “The tiniest cut can result in a chronic sore, serious infection, gangrene and even amputation.”

Because of poor circulation, people with diabetes are at highest risk. About one in nine of them suffers from wounds, most often on the feet and lower legs. “People with diabetes tend to lose sensation and not realize they’ve cut themselves,” Granson says. “They need to wear proper shoes and check their feet every day.”

During normal healing, oxygen and nutrients in the blood regenerate skin within a few weeks. “Anyone who has had a wound for two months should seek help,” Granson says.

Treatment may include surgical removal of dead tissue, cleansing, antibiotics and skin grafts. A more innovative treatment called PROCUREN® is available through a national network of specialized wound centers (including Muhlenberg). This topical solution is made from the patient’s own blood and promotes the growth of healthy tissue. “PROCUREN® heals wounds about 10 times faster, but it’s not for everyone,” Granson says.

The important thing to remember: don’t delay care of a non-healing wound. “Many people just wait too long to seek treatment,” Granson says. With proper care, 82 percent of wounds *will* heal within several weeks or months. ●

Want to Know More? For information on the Wound Care Center® or for wound prevention tips for people with circulatory problems, call (610) 402-CARE.

Are You at Risk for Non-Healing Wounds?

Here are factors that raise your risk:

- Smoking
- High blood pressure
- Heart disease
- Family history of vascular disease
- High cholesterol
- Diabetes
- Overweight





How to Beat Menstrual Cramps

Just thinking about it is enough to make you cringe. It's that monthly pain called...ready, set, cringe...cramps.

More than half of women experience cramping during menstruation. "One in 10 has pain so severe it impacts her daily routine," says gynecologist Patrice M. Weiss, M.D., of Lehigh Valley Hospital and Health Network. Pain occurs when the uterus contracts due to overproduction of prostaglandins, a hormone-like substance released when the uterus sheds its lining.

How do you spell relief? For many it's NSAIDs, or non-steroidal anti-inflammatory drugs. These over-the-counter medicines, including ibuprofen, naproxen and ketoprofen, help fend off prostaglandin production. "But you must begin taking them the day before your period," Weiss says. "Once prostaglandins are released you can't inhibit them." If you still need relief, she offers these suggestions:

Avoid caffeine. Because it is a stimulant, it can worsen your symptoms.

Reduce red meat intake. Saturated fat promotes prostaglandins.

Relax. Stress can make cramps worse and menstrual cycles irregular.

Apply heat via a heating pad or bath.

Work out. "Exercise releases endorphins, the body's natural painkillers," Weiss says. "Twenty to 30 minutes of cardiovascular activity are sufficient, but don't overdo; intense exercise can increase cramping."

Get plenty of calcium and manganese. Take a multivitamin that includes recommended levels of these minerals, or eat a diet high in calcium and manganese (dried peas, beans, nuts and whole-grain cereals).

Ask your doctor to prescribe an oral contraceptive.

"It lightens blood flow and an added benefit is regular periods," Weiss says. ●

Want to Know More? If you're over 30 and your periods are suddenly painful, you might have a more serious problem. For information about abnormal cramping, call (610) 402-CARE.

Over-the-Counter Pain Relief

Although NSAIDs (see above) soothe monthly misery, frequent use can lead to stomach problems, warns Lehigh Valley Hospital and Health Network pharmacist Fred Pane. His suggestions:

- Don't use for more than three days.
- To avoid digestive upset, buy enteric-coated tablets (if available) and take with food or milk.
- Follow dosage recommendations and times.
- Avoid drug interactions. Don't mix with aspirin. If you're on prescription medications or take over-the-counter drugs regularly, talk to your doctor or pharmacist.



The Estrogen Decision

Whether and when to start hormone replacement therapy (HRT) can be a dilemma

Is HRT for me? It's the Big Question for millions of baby boomers nearing menopause, as well as older women watching the stream of new products and research findings in recent years.

Is It Menopause or a Thyroid Problem?

If you're suffering from symptoms like insomnia, moodiness and dry skin, it might be menopause and it might be a thyroid problem—or both.

"Thyroid disease is more common after menopause," says endocrinologist Carol Greenlee, M.D. "Up to one-quarter of women in their 60s have under- or overactive thyroid." Estrogen won't do anything for thyroid disease, but there are other ways to treat it. Be sure you and your doctor know the cause of your symptoms. (For more information on thyroid problems, sign up for the class The Other "T" and HRT; see page 30.)

Surveys show that more than half of women over age 64 have never used HRT. If that's due to fear or ignorance, it's a shame. HRT, while not for everyone, offers some critical health benefits—and deserves careful consideration.

Why do you need estrogen? "Before menopause, your body makes large amounts of this hormone," says endocrinologist Carol Greenlee, M.D., of Lehigh Valley Hospital and Health Network. "Besides allowing you to have babies, estrogen does many other things. When your body stops producing it, there are changes, some of them detrimental. So we put a small amount back into your body to counter the loss."

Estrogen controls the cells that rebuild bone, preventing the calcium loss that can lead to osteoporosis. It also reduces heart disease and colorectal cancer risk, helps keep skin and other tissues firm, protects against type 2 diabetes and may even prevent Alzheimer's disease.

The downside of estrogen replacement is that it raises the risk of uterine and breast cancer and blood clots. Adding progesterone to estrogen reduces uterine cancer risk, so unless you've had a hysterectomy your doctor will prescribe the combination. But women with a history or high risk of blood clots or breast cancer shouldn't take HRT, Greenlee says.

If you're in one of those categories or simply don't want HRT, there are other options. Fosamax (alendronate) reverses bone loss, although it doesn't address other menopause-related issues. Evista (raloxifene) is a new drug that acts like estrogen in some tissues but not others. "It helps prevent bone loss and lowers cholesterol, although not as much as estrogen does," Greenlee

says. It also appears to reduce breast cancer risk. Evista doesn't relieve menopausal symptoms, and it's too early to know its other effects.

In the face of all these choices, how do you make a decision? Here are Greenlee's suggestions:

Know your own health profile. Obviously, your medical history and personal risk factors will influence your decision; so will the severity of symptoms you're suffering.

Educate yourself. Menopause is one of the hottest areas of medical research, so it pays to stay up to date on the latest findings. Only by knowing all the pros and cons can you make an informed decision.

Talk it over thoroughly with the professionals. If your doctor isn't knowledgeable about menopause, find one who is. "Your pharmacist also can be helpful on medication-related questions like dosages, side effects and calcium supplements," says Howard Cook, clinical pharmacist with Health Spectrum Pharmacy Services of Lehigh Valley Health Network.

Lead a healthy lifestyle. HRT or no, you'll be healthier during and after menopause if you eat a low-fat, high-fiber diet including 1,500 milligrams of calcium daily (1,000 to 1,200 if you're on HRT); quit smoking (a risk factor for osteoporosis and heart disease); and exercise regularly.

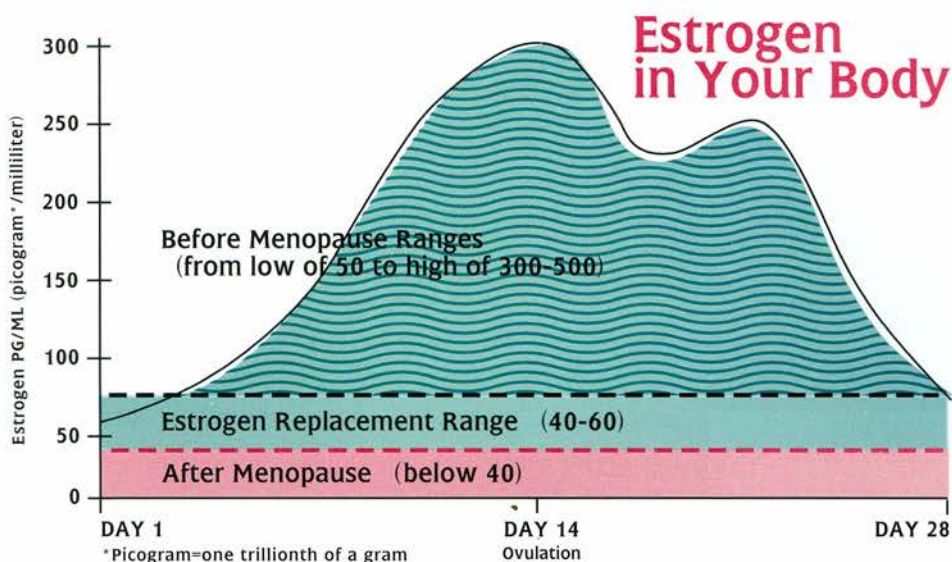
If at first you don't succeed... "Every woman is unique in the way she reacts to estrogen," Greenlee says. "I try different forms of HRT with my patients until we find the one that works best."

Keep in mind that it's not forever. "If you're in your 50s and want symptom relief and protection against early bone loss, go ahead with HRT and reap the benefits," Greenlee says. "In a few years, we'll know more and you'll have new options. If you're 65, you can still benefit from starting HRT, since heart disease risk rises with age. At 75 or 80, the decision gets trickier but is still worth thinking about." ●

Want to Know More about the various types of estrogen, progesterone and other menopause medications, including soy products and progesterone cream? For information, call (610) 402-CARE.

What About "Natural" Estrogen?

Synthetic estrogen is not used in HRT, only estrogen from natural plant or animal sources. Soy, black cohosh and other products used in complementary therapies contain forms of estrogen, but U.S. research on their effectiveness is still preliminary.



Making Complementary Medicine

A 10-step 'prescription' from health editor Anne Alexander

With new research coming out on the effectiveness of herbs, yoga, acupuncture and other forms of complementary medicine, you've been tempted to give it a try. But you wonder: Will this work for me? Should I ask my doctor first? How do I find a practitioner?

Anne Alexander, editor of *Prevention* magazine—a major sponsor of Spirit of Women—has explored those questions in depth. Here's her step-by-step "prescription."

3 Talk to your doctor about alternative approaches.

"Complementary and mainstream medicine can work very well together—for example, medications and massage for a stress headache. If you think your doctor won't approve, you may be surprised. Many physicians today recommend complementary therapies as part of treatment."

8 Keep in touch with your regular doctor.

"Surprisingly few people confide in their doctor about herbal supplements and other complementary therapies. Some vitamins and herbal remedies can cause serious interactions with prescription drugs. Always keep your doctor and pharmacist informed about what you're taking."

1 Know your symptoms.

"Let's say you're suffering from headaches," Alexander says. "Keep a record of where it hurts, when the headaches occur, how often and what makes them better or worse. The more information you can give your doctor or practitioner, the better."

4 Do your homework.

"Research the alternative therapies by talking with knowledgeable people or using the library or Internet. Find out what the approach is about and whether it makes sense to you personally."

9 Evaluate the effectiveness of the therapy.

"Are symptoms decreasing? Do you feel better? Is this approach truly improving your health, or creating long-term dependency? The ideal practitioner will not only help bring your body back in balance from an ailment, but also freely discuss when to stop treatment and how to prevent recurrence."



WORK FOR YOU

2 See your regular doctor first.

"Before deciding on treatment, it's vital to identify the underlying cause of your symptoms. In the case of a headache, that might be anything from a serious illness to simple eyestrain or stress."



5 Find a qualified practitioner.

"Your doctor, friends, support groups or professional organizations can be good sources." (For more information, see Want to Know More? at end of this story.)

6 Check out the practitioner in person.

"Before placing your trust in any health care professional, be sure he or she makes you feel comfortable and confident. This should be a mutually respectful partnership."

7 Try the therapy.

"Ask how long it will take to know if the therapy is working, so you can give it a fair try. All treatment takes time, from acupuncture to antibiotics! But your own preferences are important, too. Some people enjoy a particular approach right from the first, others discover they hate it."

10 Share your experiences with others.

"The perfect health professional—whether doctor, dentist or acupuncturist—can be hard to find. But when you do, you know it. My father was diagnosed with terminal cancer, but his doctor had such an upbeat manner he always left the office feeling good—and he lived for another 11 years! A fine caregiver has tremendous power to affect your life. When you find such a person, spread the word."

Want to Know More? For detailed information on how to find a complementary medicine practitioner, call (610) 402-CARE.



The New World of Grandparenting

If you're a grandparent today, you know how profoundly the role has changed since you were a child. The typical grandma 50 years ago was a gray-haired homemaker with plenty of time to bake brownies and play Candyland. Now, she's apt to be a career woman (or a retired one) who keeps in touch by phone, jet travel and e-mail.

What happened? "Our culture has undergone major changes, including the women's movement, the sexual revolution, exploding technology and job mobility," says Pat Gordy, director of Muhlenberg Behavioral Health. Today's kids live in a world of computers, divorce, drugs, violence, economic pressure—and more extracurricular activities than their grandparents ever dreamed possible.

One of the biggest changes is the growth of dual career couples. Unlike older generations, they share more parenting responsibilities; but with no one at home full-time there's a need for child care that many grandparents fill. "More and more, it's grandpa or grandma who takes the children to soccer practice and steps in when they're sick," Gordy says.



Live-In Grandma Sue Kimball has an apartment in the Easton home of her son and daughter-in-law, Gary and Debbie Kimball, and their "blended" family of six children. Sue walks the kids to school each morning and oversees cake-baking, here with (l-r) Gabriella, Phyllicia and Andrew.

Why Kids Need Grandparents

History. "Children gain a valuable life perspective from family stories and traditions," says Debbie Miller, pediatric nurse practitioner at Lehigh Valley Hospital and Health Network.

Wisdom. "It's helpful to hear how someone else made choices and learned from their mistakes," she says, "and sometimes easier to accept from grandparents than parents."

Unconditional love. "Just listening and spending time with children says they're important. The message is, 'I love you because you're you.' It can really make the difference in a child's life."

Grandparenting at a Distance

Four-year-old Kaylee lives in Texas, but she knows how special she is to her grandpa, Bruce Curry, assistant administrator for psychiatry at Lehigh Valley Hospital and Health Network. "Every time we visit, we whisper 'I love you' in each other's ear. It's our 'secret'," he says. Curry and other dedicated grandparents close the distance with strategies like these:

Communicate regularly.

Pat Fuicz, psychiatric clinical nurse specialist in the inpatient

psychiatry unit at Muhlenberg Hospital Center, is especially creative with her preschool grandchildren in Alabama. "At this age they're not big talkers, so we have videophones," she says. "It helps to see each other; we even do puppet shows by phone."

Share your life.

To evoke the seasons on her farm, Fuicz sends her grandkids poems, pictures, even corn kernels and blueberry leaves. "I also send photos and stories from the hospital, such as the helicopter," she says. "It helps them understand who I am."

Learn about their life.

Tuning in to MTV will give you common ground with your adolescent grandchild. Fuicz relates to her younger set by watching the Teletubbies. She also visits her grandchildren's school, "so when we're apart I can ask about their day and picture it in my mind."



Granddaughter Kaylee is the latest member of Bruce Curry's multi-generational "photo wall."

The rising divorce rate (now 50 percent for first marriages) intensifies this need. It's part of a trend toward new forms of "family" including stepfamilies, intercultural marriages, same-sex unions and never-married parents. The anything-goes attitude often extends to children, whose clothing, hair-styles, music and language can be startling to grandparents.

It's the lucky grandparent who gets to work out these issues on a day-to-day basis. The more common scenario is a family separated by hundreds of miles. Some retirees relocate near their children, but given the current job scene, as one grandfather puts it, "You can never be sure they'll still be living there in a few years."

Many of today's retirees can afford regular visits—and more. Grandparents are sometimes an important source of financial support, providing everything from holiday extras to college trust funds. "Rather than downsizing in retirement, some are actually building larger homes to accommodate grandchildren," says Gordy.

The most important function of a grandparent, though, isn't money. "It's loving and caring," says Gordy. "Grandparents are in a unique position to provide this. The parent/child relationship is the intense one where we work out our unresolved conflicts. Grandparenting is much more relaxed." For many grandparents—including former "workaholic" fathers—this is a point in life when they have the wisdom, patience, time and resources to "do it again and do it right." ●

Want to Know More? For information on grandparenting after a divorce, call (610) 402-CARE.



Pat Fuicz entertains her grandchildren with puppet shows on the videophone.

WELLNESS

Then and Now

A century ago, multivitamins and fitness centers were unknown, and spittoons graced every tavern

Diet, exercise... As a *Healthy You* reader, you're well aware of the various facets of "wellness." Step back 100 years, though, and you wouldn't have heard the term. What did people think about health at the end of the last century?

Preventing Disease

or, "Will I Survive This Year's Flu Epidemic?"

There are two ways to look at health: treating people when they're ill or finding a way to prevent the illness. "A century ago, when the gravest health problem was infectious diseases like influenza, pneumonia and tuberculosis, both viewpoints were critical," says Jane Nester, director of the Center for Health Promotion and Disease Prevention of Lehigh Valley Hospital and Health Network. New health departments worked to prevent disease by tackling poor sewage systems and contaminated water. The discovery of bacteria would soon give doctors better tools for treatment.

By mid-20th century, infectious diseases were tamed with antibiotics, and chronic diseases such as cancer and heart disease became the major causes of death. But it took decades for researchers to learn the risk factors—including obesity and smoking—behind today's big killers. Meanwhile, American medicine moved strongly toward high-tech cures, not prevention. "Only now are we looking to get back in balance," says Nester, whose wellness program was a pioneer when it opened in 1980.

Diet and Nutrition

or, "White Bread Is Nicer Than Those Rough Grains."

The high-fiber loaves we pay extra for today were "working class" in the 1890s; white flour meant prosperity. It was better for your image than for your health, though. The growth of food refining caused diseases like beriberi (thiamine deficiency) as milling removed vital nutrients.

"Vitamins were just being discovered," says Barb Carlson, dietitian with Lehigh Valley Hospital and Health Network. Most people didn't care. "Families in farm areas like ours ate what was in season," Carlson says. "They also did a lot of home canning and drying."

Pennsylvania Germans undoubtedly enjoyed their sausages—and sometimes got sick from them, given the unsanitary conditions in meat-packing plants. Upton Sinclair's *The Jungle* raised awareness of this issue in 1906, and the Pure Food and Drugs Act passed the same year. Another target of reformers was patent medicines. The brand-new advertising industry thrived on obesity "cures" made from laxatives, kelp or dried animal glands.

Wescosville General Store in the early 1900s.





Exercise

or, "What? I Can't Wait to Get Off My Feet."

The concept of "physical fitness" was many years off in the 1890s. People got plenty of exercise just running the farm, stoking the blast furnace or keeping house. "Both farmers and city dwellers worked hard physically," says Greg Salem, manager with the Center for Health Promotion and Disease Prevention. "Caloric intake was higher in 1900, but Americans weighed less."

There were sports, "but they were for pleasure," he says. "No correlation was made to health status." Over the years, labor-saving devices, cars and television threatened to make us a nation of sluggards—until the fitness phenomenon of the 1970s. Suddenly, parks built a century ago as places to walk, talk and relax sprouted joggers and fitness trails. Americans still aren't in great shape, Salem says, but at least we know how to get there.

Tobacco

or, "Pass Me a Chew, Lou."

Tobacco was alive and well at the turn of the century, but not in today's favorite forms. Loose leaves for roll-your-own cigarettes had just appeared, and mass production was two decades away. Chewing, however, was so popular there were spittoons in every bar—and saliva on every sidewalk, says Alice DallaPalu, director of the Coalition for a Smoke-Free Valley. "It became a public health threat and was banned," she says.

As cigarette production increased, nobody knew all of the health risks, "although we find notations on the addictive nature of nicotine as early as 15th-century England," DallaPalu says. The tobacco-lung cancer link wasn't until the 1960s. "In the 1940s, physicians found lung cancer so rarely they would call in their colleagues," she says.

Early tobacco ads actually touted the health *benefits* of smoking. At mid-century, Camel proclaimed itself "the brand more doctors smoke." It took decades to uncover the real risks of smoking—today lung cancer is the leading killer of both men and women and the main contributor to cardiovascular disease. ●

This article is the first in a series celebrating the 100th anniversary of Lehigh Valley Hospital and Health Network.

Farmer, blacksmith or iceman.
If you lived in Lehigh County 100 years ago you worked hard physically.

*Celebration of
Community*
100 YEARS



What's New and Notable

Healthy Eating

- **Reinventing Meals With Soy** **NEW**
Page 26

Soybeans are among the most versatile foods in the world. Learn about the variety of soy products and the health benefits of including them in your diet.

(See also an article on page 5.)

- **Seasonal Foods for Wellness: Spring** **NEW**
Page 26

Discover the foods that generate "spring cleaning" in the body and help energize (or slow down) the physical system. Based on Oriental health philosophy.

Free Offerings

Some *Healthy You* classes and lectures have a registration fee (fees are per person unless otherwise noted), but many are provided at no cost. Check each listing.

Registration required

Class space is limited. Advance register for classes by calling (610) 402-CARE.

Mind and Body

- **Building Spiritual "Fitness"** **NEW**
Page 27

Spiritual health is as important as physical health to your well-being. This program presents research on spiritual wellness and how you can apply it to your daily life.

- **Open Your Senses** **NEW**
Page 28

Here's a new way to explore the world around you! Open your senses to relax, ease tension, meditate—and "stop to smell the roses."

- **Healing Movements for the Seasons: Spring** **NEW**
Page 28

A gentle series of movements based on ancient martial art disciplines will "cleanse" your body, enhance your well-being and help you shake off the last dregs of winter.

Spirit of Women

Women's Health

- **Is Superwoman Sick?** **NEW**
Page 30

Learn how lifestyle choices, and particularly how we manage conflicts at home, work and in relationships, can directly affect the body, mind and spirit.

- **The Other "T" and HRT** **NEW**
Page 30

Estrogen isn't the only hormone you should be aware of as you age. Women are five times more likely to get thyroid disease than men. Increase your knowledge of this important health issue!

- **Osteoporosis Lecture Series: Fashion Tips for Enhancing Your Body Image**
Page 30

Find out what clothing styles do the most to enhance your "body image" and camouflage structural changes from osteoporosis.



U Health Improvement Classes

March-April 1999

Childbirth

- **Stay Fit Throughout Your Pregnancy**
Page 32

Have fun while exercising safely to maintain stamina and tone and strengthen muscles. We'll also discuss back pain, nutrition and postpartum issues.

Age 50-Plus

- **Container Gardening**
NEW
Page 34

You don't need a yard to grow flowers and vegetables! Learn tips and techniques for container gardening from a master gardener.

- **Your Future in Social Security**
NEW
Page 34

What benefits can you expect when you retire? Social Security experts explain the program and how to compute payments. Bring questions!

- **Today's Herbal Remedies**
NEW
Page 34

Learn the most commonly used herbal products on the market today: what works, interactions to avoid, how to read the labels and more.

- **Options in Retirement Living and Health Care Services**
NEW
Page 34

An objective look at everything from retirement communities to assisted living to skilled nursing to in-home services—including the types of questions you should ask in making the choice.

Disease Care

- **Hospice Volunteer Training**
NEW
Page 35

If you've considered being a volunteer for Lehigh Valley Hospice, this course will prepare you to provide support to terminally ill patients and their families.



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You're invited to visit Healthy You on the web.

Some of the topics on our web site that can augment the health and wellness classes offered in this issue of *Healthy You* include:

- **Hospice Care** — what it is and how it's delivered through Lehigh Valley Hospice.
- **Our First** — what benefits it offers to expectant parents and how to join.
- **Diet** — nutrition facts including the sources and functions of various nutrients.

Use the address <http://www.lvhhn.org> to go to the home page of the web site. From there, you can browse the site's sections, use the table of contents link at the bottom of the page to get an overview of the entire site, or type a word or phrase into the search to help you locate specific information.

Visit our calendar and you can register online for any of these classes.



Healthy Eating

Holistic Nutrition Series - Seasonal Foods for Wellness: Spring **NEW**

Discover the foods that generate "spring cleaning" in the body and help energize (or slow down) the physical system. Following the principles of Oriental health philosophy, this program includes healthy eating information and tips.

\$10

• Monday, March 22; 7-8:30 p.m.

Class meets at TX.

Diane Kunsman, holistic nutritionist

Reinventing Meals With Soy **NEW**

Soybeans are among the most versatile foods in the world. Learn about the variety of soy products (you'll receive a soy food directory) and the health benefits of including them in your diet.

\$5

• Tuesday, March 30; 6:30-7:30 p.m.

Class meets at CC, Classroom 1.

Amy Virus, registered dietitian

Eating to Lower Your Cholesterol

If your blood cholesterol is too high, we can help—with recipe ideas and cooking tips for a tasty, heart-healthy diet. *Please bring your latest cholesterol test results with you.*

Free

• Friday, April 16; 1-2 p.m.

Class meets at Allentown Jewish Community Center.

• Wednesday, April 28; 6-7 p.m.

Class meets at MHC, Banko Family Community Center.

Nutrition Prescription

Do your food choices measure up to your health needs? Meet one-to-one with a registered dietitian to assess your calories, vitamins and minerals, and receive a personal eating plan for weight management or healthy nutrition. A body composition analysis is included.

\$95

• Daytime and evening appointments available

Sessions held at TX.

Fitness

Yoga Moves

Yoga is a safe and gentle form of exercise combining isometrics, breathing and stretching without straining. It can reduce anxiety, improve circulation, build muscle and enhance well-being.

4 sessions • \$24

• Tuesdays, March 16; 6:15-7:15 p.m.

(first session)

• Tuesdays, April 20; 6:15-7:15 p.m. (first session)

Classes meet at 17, Healthy You Room.

• Thursdays, March 18; 6:15-7:15 p.m.

(first session)

• Thursdays, April 22; 6:15-7:15 p.m. (first session)

Classes meet at TX.

Havin' a Ball—Everybody's Workout

Exercising with a stability ball is a great way to improve balance, strength and coordination. It's fun and is terrific exercise for anyone who has been inactive. Bring a towel and a smile.

\$5

• Sunday, March 21; 2-3 p.m.

• Sunday, May 2; 2-3 p.m.

Class meets at TX.

Donna R. Duckworth, medical exercise specialist

Caryl D. Putchat, certified gerontologist



How Do I Get There?

Classes and lectures are held at many hospital and community locations. Here's a complete list, keyed to the abbreviations you'll find in each class listing. Questions? Call (610) 402-CARE.

Lehigh Valley Hospital and Health Network Locations

CC • Lehigh Valley Hospital,
Cedar Crest & I-78, Allentown

17 • Lehigh Valley Hospital,
17th & Chew Streets, Allentown

MHC • Muhlenberg Hospital
Center, 2545 Schoenersville Rd.,
Bethlehem

MCC • Morgan Cancer Center,
Cedar Crest & I-78, Allentown

1243 • 1243 S. Cedar Crest Blvd.,
Allentown

1251 • 1251 S. Cedar Crest Blvd.,
Allentown

2166 • 2166 S. Cedar Crest Blvd.,
Allentown

TX • Health Center at
Trexlerstown, Trexler Mall, Rt. 222,
Trexlerstown

Community Locations

**Allentown Jewish
Community Center**
702 N. 22nd St., Allentown

**Seniors Quarters Assisted
Living Residence**
1745 W. Macada Rd., Bethlehem

**Whitehall Township,
Zephyr Park**
Schadt Avenue and Campus Drive

"Exercise for Life" Classes for Adults

If you've neglected physical activity, these classes are a great way to get started. Offered at various times; for information, call (610) 402-CARE.

Thirty "Healthy" Minutes Classes

Thirty-minute classes can lower blood pressure, reduce cholesterol, help prevent osteoporosis, heart disease and adult-onset diabetes, improve heart attack recovery and ease arthritis.



Easy Moves

This unique exercise and relaxation program incorporates gentle movements for the large joints. Quiet music in the background evokes warmth and well-being. The class can be performed sitting or standing.

\$10

- Thursday, March 25; 1-2:30 p.m.
- Thursday, April 22; 1-2:30 p.m.

Class meets at TX.

Gail A. Staudt, R.N., holistic therapist

Keeping Your Athletes Healthy

Calling all volunteer baseball and softball coaches! You know how important it is to have a healthy team. Come learn techniques you can use to help keep your young athletes strong and fit.

Free

- Tuesday, March 30; 7-9 p.m.

Class meets at MHC, Banko Family Community Center, Rooms 1 and 2.

John Williams, M.D.

Exercise for Life Free Tryout

Want to see if Exercise for Life is for you? Try it on for size in a free 30-minute exercise session, followed by a 30-minute educational program with a medical fitness expert.

Free

- Tuesday, April 6; 11 a.m.-noon
- Tuesday, May 4; 11 a.m.-noon

Class meets at TX.

- Thursday, April 15; 6:30-7:30 p.m.
- Thursday, May 13; 6:30-7:30 p.m.

Class meets at MHC, Banko Family Community Center.

Sixty "Fitness" Minutes Classes

Move up to 60 minutes and you'll improve heart/lung capacity for more energy, build up lean muscle, stretch your limits and improve well-being.

Monthly fees:

\$22 for unlimited 30-minute classes at any location
OR

\$28 for unlimited 60-minute classes at any location

Locations:

- Allentown Jewish Community Center
- Health Center at Trexlertown
- Muhlenberg Hospital Center
- Whitehall Township, Zephyr Park

Mind and Body

Aerobic and Conditioning Classes for Adults

Are you serious about improving your overall health or increasing your muscular strength? Get in shape and stay in shape in one of our 26 weekly classes.

\$32 per month for unlimited classes

Class meets at 1243, Lower Level.

For more information, call (610) 402-CARE.

Building Spiritual "Fitness" **NEW**

Spiritual health is as important as physical health. This program presents research on the F.I.T.T. (frequency, intensity, time and type) principle of spiritual wellness, and how you can apply it to your daily life to enhance personal and professional well-being.

Free

- Thursday, March 18; 7-8:30 p.m.

Class meets at TX.

Christine Lottes, health professor

Del Engstrom, sports science professor

Lorri Engstrom, health professor

The Power of Breathing

We all do it naturally, but this workshop will show you the power of paying attention to your breathing! Learn techniques for new awareness and health improvement through full breathing and relaxation. Bring a pillow and blanket.

\$15

- Sunday, March 21; 1:30-3 p.m.

Class meets at 17, Healthy You Room.

- Sunday, April 11; 1:30-3 p.m.

Class meets at TX.

Juanita Carra-Budzek, R.N., certified yoga instructor

Hands-On Health Workshop

Escape for three hours to expand your mind and challenge your body. You'll learn and practice touch techniques for full-body relaxation, facial massage and foot reflexology. All participants receive the Happy Heart hand-held massager. Light refreshments included.

\$40

- Wednesday, March 24; 6-9 p.m.

Class meets at TX.

Scott Pellington, certified massage therapist

Mary Veitch, certified massage therapist

Yield to Relaxation Workshop

Picture your life with less stress and more control. It's time to learn and practice relaxation strategies, including exercise, meditation, listening to calming music, guided visualization and more.

\$20

- Thursday, March 25; 6-7:30 p.m.
- Thursday, April 22; 6-7:30 p.m.

Class meets at TX.

Gail A. Staudt, R.N., holistic therapist

Yoga

Yoga is a safe and gentle form of exercise combining the use of isometrics, breathing and stretching without straining. It can help reduce anxiety, improve circulation, build muscle and enhance well-being.

Medical history questionnaires are required in advance of class participation. For more information, call (610) 402-CARE.

\$62

Novice students can choose from 4 sessions

- Begins Monday, April 5; 6-7:15 p.m. (gentle)
- Begins Tuesday, April 6; 6-7:15 p.m. (gentle)

Class meets at TX.

- Begins Wednesday, April 7; 10:30-11:45 a.m. (gentle)

Class meets at 17, Healthy You Room.

- Begins Thursday, April 8; 6:30-7:45 p.m. (deep)

Class meets at MHC, Banko Family Community Center.

Experienced students can choose from 3 sessions

- Begins Monday, April 5; 7:30-8:45 p.m. (vigorous)
- Begins Tuesday, April 6; 7:30-8:45 p.m. (deep)
- Begins Saturday, April 10; 10:15-11:30 a.m. (deep)

Class meets at TX.



Healing Movements for the Seasons: Spring

NEW

A gentle series of movements based on ancient martial art disciplines, including Tai Chi and Kung Fu, will "cleanse" your body, enhance your well-being and help you shake off the last dregs of winter. No experience needed; wear loose, comfortable clothes.

\$15

- Tuesday, April 6; 7-8:30 p.m.

Class meets at TX.

Brian Kunsman, Tai Chi instructor

Open Your Senses **NEW**

Here's a new way to explore the world around you! Learning to open your senses will help you relax, ease tension, meditate—and "stop to smell the roses."

\$15 per class or \$65 for 6-session workshop

- Wednesdays; 6-7:30 p.m.

April 7-Seeing	April 28-Tasting
April 14-Smelling	May 5-Touching
April 21-Hearing	May 12-Imagining

Class meets at TX.

Mary Veitch, certified massage therapist

Meditation for Health

Learn to tap into your own natural resources and draw mental energy from within. Meditation can reduce stress and promote clarity and peace of mind.

\$15

- Sunday, April 25; 1:30-3 p.m.

Class meets at TX.

Jeffrey Budzek, R.N., certified massage therapist

Foot Massage

A systematic massage of the feet concentrating on the reflex points to balance energy and reduce stress. Stretching, range-of-motion, compression and Swedish massage are used.

\$30 per half-hour

Sessions held at TX.

Aroma Massage

A light massage of the back using aromatic oils, moist heat and Swedish massage. The four types of oils used will promote relaxation, stress relief, invigoration or meditation.

\$30 per half-hour

Sessions held at TX.

Aikido

Aikido (which means "way of harmony") is a self-defense martial art discipline. You're never too old or too weak to benefit from this non-aggressive program. Open to those age 13 and older.

\$70 per month

• Tuesdays and Thursdays, 6:30-8:00 p.m.

Class meets at TX.

Individual Massage Therapy

Massage therapy improves circulation, relaxes the muscles and soothes the body and mind. It's a great way to nurture yourself.

\$25 per half-hour session

\$45 per one-hour session

\$65 per 90-minute session

Sessions held at TX and MHC, Banko Family Community Center.

Provided by certified massage therapists.

Heart Health

Putting the Squeeze on High Blood Pressure

Lifestyle changes can significantly reduce your risk of high blood pressure. Get motivated with tips and tactics that will help you make the healthy changes that could save your life!

Free

• Tuesday, March 23; 6:30-7:30 p.m.

Sue Snyder, M.D.

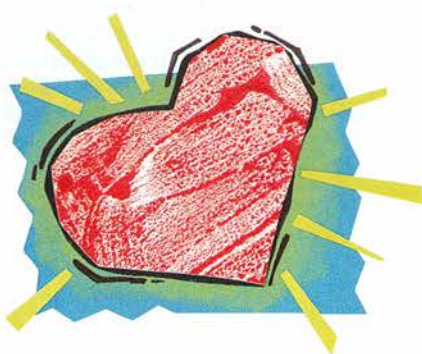
• Wednesday, April 14; 10-11 a.m.

David Reall, M.D.

• Monday, May 10; 6:30-7:30 p.m.

Jan Meyers, M.D.

Class meets at TX.



Cholesterol, Blood Pressure, Stroke and Health Risk Assessment, Mammography and Osteoporosis Screenings

TREXLERTOWN SCREENINGS

Cholesterol Screenings-Free \$3

Monday, March 15 12-1:15 p.m.

Tuesday, March 16 5:15-6:30 p.m.

Thursday, March 18 9-10:15 a.m.

Saturday, March 20 9-10:15 a.m.

Tuesday, April 6 9-10:15 a.m.

Wednesday, April 7 5:15-6:30 p.m.

Monday, April 19 12-1:15 p.m.

Tuesday, April 20 5:15-6:30 p.m.

Thursday, April 22 9-10:15 a.m.

Saturday, April 24 9-10:15 a.m.

Tuesday, May 4 9-10:15 a.m.

Wednesday, May 5 5:15-6:30 p.m.

Blood Pressure Screenings-Free

Saturday, March 13 9-10:30 a.m.

Tuesday, March 23 9-10:15 a.m.

Wednesday, March 24 5:15-6:30 p.m.

Monday, April 12 12-1:15 p.m.

Tuesday, April 13 5:15-6:30 p.m.

Thursday, April 15 9-10:15 a.m.

Saturday, April 17 9-10:15 a.m.

Tuesday, April 27 9-10:15 a.m.

Wednesday, April 28 5:15-6:30 p.m.

Monday, May 10 12-1:15 p.m.

Tuesday, May 11 5:15-6:30 p.m.

Thursday, May 13 9-10:15 a.m.

Saturday, May 15 9-10:15 a.m.

Stroke Risk Assessments-Free

Tuesday, April 20 11 a.m.-2 p.m.

Tuesday, May 4 11 a.m.-2 p.m.

Insight-A Health Risk Assessment-Free

Mondays 9 a.m.-8 p.m.

Tuesdays 10 a.m.-6 p.m.

Wednesdays 9 a.m.-8 p.m.

Thursdays 9 a.m.-8 p.m.

Fridays 10 a.m.-6 p.m.

Saturdays 8 a.m.-12 p.m.

MUHLENBERG HOSPITAL AND REHABILITATION CENTER SCREENINGS

Mammography Screenings-Free

Monday, May 10 8-10:30 a.m.

Osteoporosis Bone Density Screenings-Free

Thursday, May 20 4-7 p.m.

Stroke Risk Assessments-Free

Tuesday, May 4 9-11 a.m.

Wednesday, May 26 9 a.m.-noon

LEHIGH VALLEY MALL SCREENINGS

Blood Pressure Screenings-Free

Tuesday, March 16 8:30-10 a.m.

Tuesday, April 20 8:30-10 a.m.

Tuesday, May 18 8:30-10 a.m.

For more information and exact screening locations, call (610) 402-CARE.

Spirit of Women

Women's Health

Osteoporosis Support Group **NEW**

If you or someone you love is coping with osteoporosis, you may find this support group very helpful.

Free

• Tuesday, March 30; 10 a.m.-noon

• Tuesday, April 27; 10 a.m.-noon

Class meets at MHC, Banko Family Community Center, Rooms 1 and 2.

The Other "T" and HRT **NEW**

Thinking about estrogen replacement? You should also be aware of the "other" hormone issue: thyroid. Women are five times more likely to get thyroid disease than men, and the risk rises with age. Increase your knowledge of this important women's health issue.

Free

• Wednesday, April 28; 7-8:30 p.m.

Class meets at CC, Auditorium.

Carol Greenlee, M.D., endocrinologist

Tai Chi for Women's Health

Experience how this dynamic yet gentle art of movement increases your energy, balances you, reduces stress and encourages greater health and well-being. Please wear loose and comfortable clothing.

For beginners

6 sessions • \$55

• Tuesday, April 13; 7:30-9 p.m.

• Saturday, April 17; 10:30-noon

Classes meet at TX.

• Monday, April 26; 6-7:30 p.m.

Classes meet at MHC, Banko Family Community Center.

Continued Healing of the Inner Child

If you are stuck in a co-dependent relationship or suffer from low self-esteem, join other women in a supportive, interactive growth group that can help you heal from your past and regain your personal power.

10 sessions • \$70

• Tuesdays, April 13-June 15; 7-9 p.m.

Classes meet at TX.

Marcia Felkay, counselor

Personal Protection and Safety for Women

Learn how to protect yourself! This session will give you practical how-to's, including hands-on demonstrations of self-defense techniques. Please dress casually.

Free

• Wednesday, April 14; 7-9:30 p.m.

Class meets at TX.

Gerald Kresge and Francis Paulson, security professionals

Is Superwoman Sick? **NEW**

Creating balance in life is a challenge, especially for super-achievers. Our lifestyle choices, and particularly how we manage conflicts at home, work and in relationships, can directly affect the body, mind and spirit. This workshop will help you explore your choices, and whether they support or hurt your health.

• Monday, April 19; 7-8:45 p.m.

Class meets at TX.

Deborah R. Gaber, mediator

Susan Elizabeth Smith, counselor

Osteoporosis Lecture Series—

Fashion Tips for Enhancing Your Body Image

Certain clothing styles do more than others for your "body type"—and when osteoporosis causes structural changes, the right fashion choices can be even more important. Find out from a designer what you can do to look and feel your best!

Free

• Tuesday, April 20; 1-2:15 p.m.

Class meets at TX.

Deborah Lopresti, fashion designer



Support of Survivors Breast Cancer Help Line

The Support of Survivors (SOS) help line is a 24-hour telephone service developed by breast cancer survivors to help women take an active role in their recovery. Calls to the dedicated voice mail box will be returned by volunteers within 24 hours. Each volunteer can provide information and support on the issues that emerge through diagnosis, treatment and survivorship. These volunteers are uniquely qualified not only because each has completed intensive training in breast cancer topics, but also because each has lived the experience of breast cancer. To reach the SOS helpline, call (610) 402-4SOS (4767).

Childbirth and Newborn Care

**Register
NOW**

for classes starting in April and May

Early Pregnancy

Pregnancy Massage

As one aspect of your prenatal program (it doesn't replace medical care), after your first trimester, pregnancy massage can relieve stress, aches and pains, and meet your special need for touch and support during your nine-month journey. Bring your partner and learn some simple, safe techniques!

\$20

• Thursday, March 18; 7-8:30 p.m.

Class meets at TX.

Marianne Bergmann, certified massage therapist



Childbirth Preparation

Maternity Tours

Expectant parents/family members can tour the maternity unit at Lehigh Valley Hospital. Adult tours are held selected Mondays and Saturdays. Sibling tours are offered several times a month.

For dates, times and locations, call (610) 402-CARE.

Prepared Childbirth (Lamaze) Series

Information about relaxation and Lamaze breathing techniques, stages of labor, medications, cesarean birth, feeding options and caring for your newborn.

For dates, times and locations, call (610) 402-CARE.

"All About Baby" Class (Newborn Care)

Basic newborn care including feeding, safety, health problems, well child care and local resources. Grandparents welcome.

For dates, times and locations, call (610) 402-CARE.

Becoming a Family

Join other parents-to-be for an introduction to the physical and emotional changes of pregnancy, tests you need, nutrition and other health needs, and what to expect when you deliver. Refreshments and other door prizes.

For dates, times and locations, call (610) 402-CARE.



Sibling Classes

Help brothers and sisters prepare for the newborn. Activities and refreshments. Parents' attendance required.

\$10/child; \$15/2 or more children

Ages 3-4

• Wednesday, April 7; 6-7:15 p.m.

• Wednesday, May 5; 6-7:15 p.m.

Class meets at TX.

Ages 5 and older

• Wednesday, April 14; 6-7:15 p.m.

• Wednesday, May 12; 6-7:15 p.m.

Class meets at TX.

One-day Lamaze

Same topics as Prepared Childbirth Series (see left), geared for couples whose schedules won't accommodate a six-week course.

\$125 includes continental breakfast and lunch.

For dates, times and locations, call (610) 402-CARE.

Breastfeeding Classes

Get off to a good start by understanding breastfeeding and how it benefits your baby.

\$20

For dates, times and locations, call (610) 402-CARE.

"Just Breathing" Class

If you've had a prepared childbirth class in the past three years, take this class for a review of the stages of labor, breathing and pushing techniques.

\$30

For dates, times and locations, call (610) 402-CARE.

Childbirth and Newborn Care



Anesthesia Options in Childbirth

Today there are new options, including patient-controlled anesthesia and "walking" epidurals, that help make childbirth more comfortable. Learn more about these and other choices available to you. Optional tour of maternity unit offered following the talk. *Pre-registration for the tour is required as space is limited.*

Free

• Thursday, May 13; 6-7 p.m.

Class meets at 17, Auditorium.

John Collins, M.D., obstetrical anesthesiologist

Infant/Child CPR

Instruction and hands-on practice in infant/child safety and emergency care. Designed for expectant parents.

2 sessions/one class per week for two weeks • \$25/person or \$35/couple

• Tuesday, April 20, 27; 7-9 p.m.

Classes meet at TX.

Stay Fit Throughout Your Pregnancy (Prenatal Fitness Program)

Have fun and learn how to stay fit during and after your pregnancy. Receive educational material for you and your baby.

12 sessions • \$45

2 sessions per week for 6 weeks

• Tuesdays and Thursdays, March 23-May 4; 6:30-8 p.m.

Classes meet at MHC, Physical Therapy Department.

Healthy Beginnings Labor and Delivery Series

Labor and delivery information with relaxation and breathing techniques, medications and cesarean birth outlined.

For dates, times and locations, call (610) 402-CARE.

Healthy Beginnings Parenting Newborn Series

Expectant parents receive information about feeding, safety, immediate health problems, newborn and well child care, and local resources.

For dates, times and locations, call (610) 402-CARE.

Refresher Classes

If you've already had a baby or attended a Lamaze program, this is a review of the basics plus sibling concerns and Vaginal Birth After Cesarean (VBAC).

For dates, times and locations, call (610) 402-CARE.

Postpartum Programs (After the Baby Is Born)

Baby and You: Fitness for Two

Here's a great way to condition yourself to restore stamina, strength and muscle tone—and for your baby to enjoy some gentle exercise and massage. A twice-monthly "moms group" meets after class to discuss infant care.

3 sessions per week • \$60

Monday, Tuesday and Wednesday for 6 weeks

2 sessions per week • \$45

Monday and Wednesday for 6 weeks

3-week mini-sessions • \$30 (3 per week)

or \$22.50 (2 per week)

For dates, times and locations, call (610) 402-CARE.

Pregnancy: Options and Choices

Nurse-Midwives and Your Pregnancy

Midwives offer skilled and loving care for new and growing families. Here, they describe how they work and answer questions such as how to reduce your risk of cesarean section, how to avoid an episiotomy, and more.

Free

• Wednesday, April 21; 7-8 p.m.

Class meets at 17, Conference Room A.

Laurice Dunning, Lisa Fraune, Lisa Lederer, Patricia Bates, certified nurse-midwives

Vitality PLUS®

**At a reduced rate or
free for Members**

Internet and Computer Classes

Beginner and intermediate students can choose from a variety of two-part classes.

New Computer Classes

Finding Quality Health Info on the Internet **NEW**

Prerequisite: Computer Basics I & Introduction to the Internet or equivalent experience

A fact-filled pair of sessions to help you be a better-informed health consumer. Session 1: search engines, subject directories, newsgroups, mailing lists, Internet relay chat and more. Session 2: how to find and use quality health and medical information.

\$50 for members • \$75 for non-members

- Tuesday and Thursday, March 16 and 18; 9 a.m.-noon
- Tuesday and Thursday, April 20 and 22; 6-9 p.m.

Introduction to the Computer & the Internet **NEW**

No previous computer experience? This two-session course is for you. You'll be introduced first to working with computers, then to the Internet and how to search it. Designed to satisfy those who want to "surf" the web, but need to learn computer basics to get them there.

\$50 for members • \$75 for non-members

- Tuesday and Thursday, April 6 and 8; 6-9 p.m.
- Friday, May 14 and 21; 9 a.m.-noon

One-To-One Computer Education **NEW**

All computer courses are available to those who prefer customized, individual instruction. For fees or to set up an appointment, please call 1-888-584-PLUS (7587).

For detailed descriptions and course objectives, please call 1-888-584-PLUS(7587).

On-Going Computer Classes

Each class provides a total of four hours of hands-on computer instruction in a state-of-the-art training room with a university-level instructor.

\$30 for members • \$50 for non-members per class

Computer Basics I

- Friday, April 9 and 16; 9-11 a.m.

Computer Basics II

- Monday, April 19 and 26; 9-11 a.m.

Introduction to the Internet

- Saturday, March 20 and 27; 10 a.m.-noon
- Monday and Wednesday, May 3 and 5; 6-8 p.m.

Internet: Beyond the Basics

- Tuesday and Thursday, May 18 and 20; 6-8 p.m.

E-mail and Chat for Beginners

- Saturday, April 10 and 17; 10 a.m.-noon

55 Alive—

AARP Driving Class for People 55 and Over

Vitality Plus and AARP present 55 Alive, a driving course in a classroom setting for people 55 and over. Reduce your risk of accidents and save money on your auto insurance! *Pre-registration is necessary!* A community service of Lehigh Valley Hospital's Trauma Department.

Free for members • \$8 for non-members

- Wednesday and Thursday, March 24 and 25; 5-9 p.m.
- Wednesday and Thursday, April 28 and 29; 9 a.m.-1 p.m.

Class meets at TX.

To register, call toll-free 1-888-584-PLUS(7587).

Vitality Plus Open House

Members and potential members: Learn how Vitality Plus can help you stay healthy and active, enjoy special discounts and meet great people! Light refreshments. Dress casually for mini-exercise session and bring a friend. *Pre-registration is necessary!*

Free

- Wednesday, April 14: 6:30-7:30 p.m.

Meets at MHC, Banko Family Community Center, Room 1.

For more information, call toll-free 1-888-584-PLUS(7587).

April 23, 1999 • 8-11 p.m.

**The Fearless Starlite Ballroom,
1221 S. Front St., Allentown**

Dance to the big band sounds of Dick Hinkle and the Royallaires. For your dining pleasure, the ballroom kitchen opens at 7 p.m. Food and bar service are available on a cash basis throughout the evening.

\$5 for Vitality Plus members • \$10 for guest

Spring Swing



Age 50-Plus

Options in Retirement Living and Health Care Services **NEW**

What are your options, and how do you decide which is best for you? Take an objective look at everything from retirement communities to assisted living to skilled nursing to in-home services—including the types of questions you should ask in making the choice.

Free

• Tuesday, March 16; 6:30-7:30 p.m.

Class meets at Senior Quarters Assisted Living Residence.

Michele Tyson, community relations coordinator

To register, call toll-free 1-888-584-PLUS(7587).

Today's Herbal Remedies **NEW**

Learn from a pharmacist about green tea and other commonly used herbal products on the market today: what works, interactions to avoid, how to read labels and more. Bring your questions—and if you'd like a personal "medication analysis," bring all your prescriptions for a one-to-one session.

Free

• Wednesday, March 17; 12:30-1:30 p.m.

Class meets at TX.

Howard C. Cook, Jr., clinical pharmacist

To register, call toll-free 1-888-584-PLUS(7587).

Your Future in Social Security **NEW**

What benefits can you expect when you retire? In this information-packed seminar, experts from the Social Security Administration explain the program, how monthly payments are computed and what you need to do. Bring your questions!

Free

• Wednesday, March 24; 7-8:30 p.m.

• Thursday, April 29; 7-8:30 p.m.

Class meets at CC, Classroom 1.

• Thursday, May 6; 7-8:30 p.m.

Class meets at MHC, Banko Family Community Center, Room 1.

To register, call toll-free 1-888-584-PLUS(7587).

Tai Chi for People Over 50

Join other newcomers to this graceful fitness system that began as a martial art form over 2,000 years ago. The slow, gentle movements of Tai Chi improve circulation, tone muscles, and increase flexibility and balance, greatly reducing the risk of falls among older adults. Please wear loose clothing and sneakers.

6 sessions • \$45 for Vitality Plus members, \$55, non-members

• Monday, April 12; 10:30 a.m.-noon (first session)

Classes meet at TX.

To register, call toll-free 1-888-584-PLUS(7587).

Questions About Your Health Plan or Insurance Claims?

You're invited to make an appointment for free, confidential health plan or insurance claim counseling. Counselors are trained Apprise volunteers from the Pennsylvania Area Agency on Aging. They'll meet with you individually at the Health Center at Trexlertown. For details or an appointment, call 1-888-584-PLUS(7587).

NEW! Walk-in hours at Trexlertown every Wednesday, 10 a.m. to noon, beginning April 28. Counselors will help you on a first-come, first-served basis.

Aging With Attitude and Grace **NEW**

Learn how to take a more assertive approach to staying healthy and feeling young in this inspiring session with a board-certified specialist in geriatric medicine.

Free

• Tuesday, April 13; 6:30-7:30 p.m.

Class meets at CC, Classroom 1.

Sam Bub, M.D.

To register, call toll-free 1-888-584-PLUS(7587).

New Options in Medicare

If you are planning ahead for your retirement or want to learn more about your current Medicare coverage, this class is for you! Get the "plain talk" about new options that may be available to Medicare beneficiaries in 1999, as well as a basic understanding of traditional Medicare benefits, Medigap insurance and Medicare managed care offerings.

Free

• Wednesday, April 21; 10 a.m.-noon

Class meets at TX.

Neil Powell, Apprise counselor;

Pennsylvania Area Agency on Aging.

To register, call toll-free 1-888-584-PLUS(7587).

Container Gardening **NEW**

You don't need a yard to grow flowers and vegetables! Learn tips and techniques from a master gardener, who will teach you all you need to know to get started with container gardening. Free gardening tools will be given to those who join Vitality Plus!

Free

• Thursday, May 13; 6:30-7:30 p.m.

Class meets at TX.

Denise Schreib, master gardener

To register, call toll-free 1-888-584-PLUS(7587).



Quit Smoking

QuitSmart®

Gain freedom from the smoking habit! Learn simple new methods to help overcome the addiction and dependence on cigarettes.

4 sessions • \$85

- Tuesday, April 6; 7-8:30 p.m. (first session)

Class meets at TX.

- Monday, May 3; 7-8:30 p.m. (first session)

Class meets at 17, 4th Floor.

Individual Tobacco Use Cessation Counseling

Meet one-on-one with a health improvement counselor to develop a plan to help you become tobacco-free.

For fee information and to schedule an appointment, call (610) 402-CARE.

CPR

All CPR classes meet at 1251, Suite 308C.

Adult (Course A)

One-person adult heart-saver CPR.
Includes clearing a blocked airway.

\$25

- Monday, April 19; 7-10 p.m.
- Monday, May 10; 7-10 p.m.

Adult-Child-Infant (Course C)

One- and two-person, child and infant CPR.
Includes mouth-to-mask ventilation and clearing a blocked airway.

3-part course • \$40

- Monday, March 29, April 5 and 12; 7-10 p.m.

For information on achieving CPR provider status, call (610) 402-CARE.

Course C Renewal

To attend you must have a current Course C card.

Renewal • \$25

- Monday, March 15; 7-10 p.m.
- Monday, May 3; 7-10 p.m.

Infant-Child (Course D)

Infant and child CPR and how to clear a blocked airway.

\$25

- Monday, March 22; 7-10 p.m.
- Monday, April 26; 7-10 p.m.

Diabetes Education

The Helwig Diabetes Center of Lehigh Valley Hospital and Health Network offers a series of programs for adults with diabetes in such areas as diet, exercise, medication and home testing. Family members/friends are welcome at no additional charge.

For additional information, call (610) 402-CARE.

Disease Care

Living Well With Congestive Heart Failure (CHF)

NEW

Join this team to learn about CHF and gain information on diet, exercise, medications and stress reduction to help those with CHF live active, healthy lives.

Free

- Saturday, March 20; 10-11:30 a.m.

Class meets at TX.

Bruce Feldman, D.O., cardiologist

Carol Sorrentino, R.N., psychiatric nurse specialist

- Thursday, May 6; 7-8:30 p.m.

Class meets at TX.

Karen Peterson, R.N., psychiatric nurse specialist

Joe Tompko, staff pharmacist

Darlene Garon, clinical exercise physiologist

Hospice Volunteer Training **NEW**

If you've considered being a volunteer for Lehigh Valley Hospice, this course will prepare you to provide support to terminally ill patients and their families.

8 sessions • Free

- Wednesdays, April 14; 9-11:30 a.m. (first session)

Classes meet at 2166.

Teresa Scott, volunteer coordinator

Support Groups

Lehigh Valley Hospital and Health Network offers a variety of support groups for people who share similar experiences, concerns or health conditions. Through special presentations and facilitated discussions, the groups help people cope with the physical, psychological and spiritual aspects of acute, chronic or terminal illness.

Many support groups are tailored to audiences with special needs; for example, breast cancer, prostate cancer or osteoporosis.

For more information, call (610) 402-CARE.

How to Register

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, call (610) 402-CARE.

HOSPITAL LOCATIONS

Lehigh Valley Hospital, Cedar Crest & I-78
Lehigh Valley Hospital, 17th & Chew
Muhlenberg Hospital Center
Morgan Cancer Center, Cedar Crest & I-78
1243 S. Cedar Crest Blvd., Allentown
1251 S. Cedar Crest Blvd., Allentown
2166 S. Cedar Crest Blvd., Allentown
Health Center at Trexlertown
Trexler Mall, Rt. 222, Trexlertown

ABBREVIATIONS

CC
17
MHC
MCC
1243
1251
2166
TX



BY FAX: You can register by fax with payment by **MasterCard** or **Visa**. Fax (610) 402-2295. Use the registration form below.



BY PHONE: You can register with **MasterCard** or **Visa** by telephone. Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.



BY MAIL: Mail the registration form below to Attn: 402-CARE office or Vitality Plus at Lehigh Valley Hospital 17th and Chew, P.O. Box 7017, Allentown, PA 18105-7017.

COMMUNITY LOCATIONS

Allentown Jewish Community Center
Senior Quarters Assisted Living Residence
Whitehall Township, Zephyr Park

Plus many new locations throughout the Lehigh Valley!

Class & Lecture Registration Form

**Questions?
Call (610)
402-CARE**

Participant's Name _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____

Date of Birth _____ Social Security # _____

Are you a Lehigh Valley Hospital employee? ☐ Yes ☐ No

SELECTION: please refer to the course schedule for class title, date/time and fees. *Please print.*

class title(s)	date/time	fee(s)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Make check payable to: Lehigh Valley Hospital or Vitality Plus
For Vitality Plus classes make check payable to Vitality Plus.

Charge to my Credit Card ☐ MasterCard ☐ Visa

CREDIT CARD ACCOUNT NUMBER _____

LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

Attn: 402-CARE
office or Vitality Plus at
Lehigh Valley Hospital
17th and Chew, P.O. Box 7017,
Allentown, PA 18105-7017

Signature _____ Exp. Date _____

PAYMENT: Total amount enclosed: \$ _____

Ask whether you are eligible for class discounts.

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LEGEND:

(W) Indicates more information available on the Lehigh Valley Hospital and Health Network web site. www.lvhn.org

(PC) Indicates article produced in collaboration with our partners in PennCARESM health network.

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In the Next Issue

- Shoes for Sports
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- Are You Really Overweight?
- All About Arthritis

If there is another topic you would like to see in an upcoming issue of Healthy You, call (610) 402-CARE or e-mail us at 402care@lvhn.org

LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

Any comments concerning this publication may be sent to:

Healthy You

Attn: Marketing, Planning
& Public Affairs
1770 Bathgate Drive,
Bethlehem, PA, 18017 or you
may call (610) 402-CARE.

Visit Lehigh Valley Hospital's
web site at www.lvhn.org

TDD General Information
(610) 402-1995

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Publishers

John C. Stavros
Senior Vice President,
Marketing and Public Affairs
Mary Alice Czerwonka
Vice President, Public Affairs

Editors

Kerri L. Puskar,
Marketing Director
Kathryn Hobbie

Contributing Writers

Kathryn Hobbie
Gary Kimball
Pamela Maurer

Art Director

Jeanne Stock

Photo Editor & Photographer

Thomas F. Amico

Distribution & Production

Kathleen Scaief, Coordinator, Marketing and Public Affairs
Kathryn Fones, Alane Mercer, Production Assistants

Contributing Advisors

MEDICAL EDITOR Robert Laskowski, M.D.
COMMUNITY HEALTH Jane Nester, Judith Sabino, Gregory Salem
SENIORS' HEALTH (VITALITY PLUS) Mary Hobel, Susan Hoffman, Maria
Kammetler, Laurene Roth, Francis Salerno, M.D.
WOMEN'S HEALTH (SPIRIT OF WOMEN) Fran Derhammer, R.N.,
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CONSUMER INFORMATION LINE Cathy Kline, R.N., Jill Korn, R.N.,
Chris Morehouse, R.N.
WEB PAGE Kristen Hoffman, Constance Walker

Healthy You is published six times a year by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and those they care for to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help in finding a physician, call (610) 402-CARE for further assistance.

MUHLENBERG HOSPITAL CENTER IS GETTING STRONGER.



For years, we've enjoyed a reputation as an outstanding community hospital. Today we're becoming much more.

Our new partnership with Lehigh Valley Hospital has already expanded the services you receive from Muhlenberg Hospital Center. We now have a wider range of psychiatric services you can call on, including a new specialty in adolescent counseling. And new programs for women's health, too.

We're now the home of the MedEvac helicopter, with increased capabilities in our emergency department. And our heart services have been strengthened too—today if you need a catheterization, we can offer you one of the most experienced teams in the region.

It's just the beginning. In time, we'll be adding even more capabilities, so you'll continue to have easy access to state-of-the-art medicine.

LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

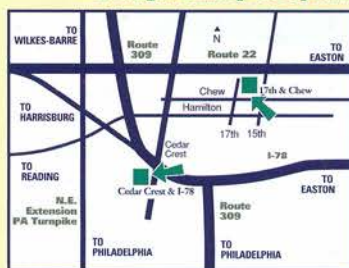


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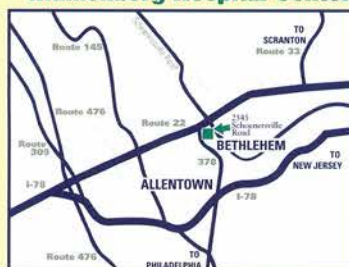


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